



## Iceberg Wedge Salad

 Vegetarian  Gluten Free

READY IN



7 min.

SERVINGS



4

CALORIES



75 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 ounce cheese blue crumbled
- 1 garlic clove minced
- 0.3 cup green onions minced
- 0.5 teaspoon coarsely ground pepper black
- 4 servings coarsely ground pepper black
- 0.5 head iceberg lettuce cut into 4 wedges
- 2 tablespoons mayonnaise light
- 0.5 cup buttermilk low-fat

- 2 tablespoons cup heavy whipping cream sour low-fat
- 0.5 teaspoon salt

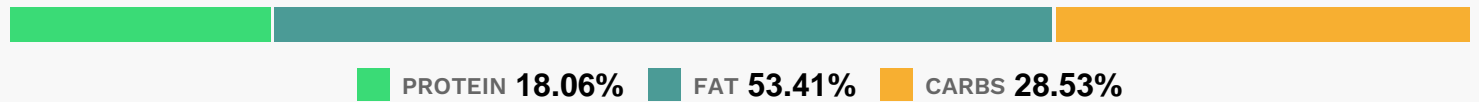
## Equipment

- bowl
- whisk

## Directions

- Combine first 7 ingredients in a small bowl; stir with a whisk. Cover and chill at least 1 hour.
- Spoon dressing over lettuce wedges, and sprinkle with blue cheese and black pepper.

## Nutrition Facts



## Properties

Glycemic Index:46.25, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:5.449565195519%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

## Nutrients (% of daily need)

Calories: 75.27kcal (3.76%), Fat: 4.67g (7.18%), Saturated Fat: 2.18g (13.63%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 4.53g (1.65%), Sugar: 3.22g (3.57%), Cholesterol: 9.74mg (3.25%), Sodium: 487.39mg (21.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Vitamin K: 33.75µg (32.14%), Calcium: 100.82mg (10.08%), Vitamin A: 495.27IU (9.91%), Manganese: 0.15mg (7.69%), Phosphorus: 76.93mg (7.69%), Folate: 28.61µg (7.15%), Vitamin B2: 0.1mg (6.1%), Potassium: 198.3mg (5.67%), Vitamin C: 3.65mg (4.42%), Fiber: 1.08g (4.3%), Vitamin B6: 0.07mg (3.29%), Zinc: 0.49mg (3.26%), Vitamin B1: 0.05mg (3.21%), Selenium: 2.22µg (3.18%), Magnesium: 12.43mg (3.11%), Vitamin B12: 0.18µg (2.96%), Vitamin B5: 0.28mg (2.84%), Iron: 0.47mg (2.61%), Vitamin E: 0.36mg (2.43%), Copper: 0.04mg (1.88%), Vitamin B3: 0.22mg (1.1%)